



SLR NEWSLETTER

SPRING, 201

www.stokelodgeramblers.wordpress.com

Editorial

Many of you have asked that we retain the Spring and Autumn newsletters to keep the social spirit of the club afloat. Here are a few of the ideas that you have produced to do just that. I hope you'll enjoy reading them!

Helen Palmer

New Members

The following are new members since the last newsletter:

Carol Ann Rogers, Christine Moore, Helen Mumford and Roger Harvey (who has re-joined).

Welcome All!

Memory Corner

West Mendip Way - 27 years ago!

I have just come across the certificate that was given to those who completed the West Mendip Way in two days, in 1990. A copy is above with the poem alongside.

The first day of the walk was very hot, and as he had just returned from Egypt, Malcolm Read wore an Arab headdress, and it was he who

"was seen through the haze"!!

Don Walter



What a great certificate - where has creativity gone?

It is hereby proclaimed
That the ramblers(s) as named
Walked the West Mendip Way in two days
Day one was so hot
That believe it or not
An Arab was seen through the haze

It was cool on day two
Yet all but a few
Carried icebergs all day in each pack
As the group entered Wells
Their leader heard bells
Saying "Turn again folks - go ye back"

The leader was mean
And terribly keen
To respond to the call of that bell
He was promptly demoted
Completely outvoted
And dragged to the pub quick as h...!

Social Events

Reunion Lunches

On Thursday 16th we had our first lunch for past and present members in the Eastfield Inn on Henleaze Road. 16 of us enjoyed a good lunch and a good conversation!

Thanks go to Pat Walter for setting up the event.

It was decided that we would meet again in the Eastfield at 12.30 on the following dates:

May 4th, August 3rd, Nov. 2nd.

If you are going to come, please ring or email:

Lilo de Beaufort

Tel: 0117 962 3525

E-mail: 1935lilo@gmail.com



Don Giovanni at the Tobacco Factory

Liz Hall made sure we kept up our cultural side by organising a group visit to the Tobacco Factory for Don Giovanni put on by the Opera Project.

The production was dramatic and inspiring. It really is amazing what can be done in a small space with minimal props and a small orchestra. We were really drawn into the action, and this makes for a wonderful theatre experience.

A pre-theatre dinner at the Souk Kitchen rounded off the evening very nicely. Well done Liz for organising this enjoyable event, thank you very much.

Janet Thomas



Swifts

Spring is visibly in the air! Birds that visit us for the summer will be arriving on our shores in thousands mostly in March and April. But I look forward in particular to the arrival of the Swifts from their winter habitats in Zaire, Tanzania and South-east Africa. Swifts arrive late, usually the first week in May and from then until the first week of August their scimitar-shaped wings will be seen over Bristol as they scream across the sky in search of food.

Swifts have very short insignificant legs and only land when they visit their nests. Everything else, feeding, sleeping and mating is done on the wing. Their stay with us is short, as unlike other summer visitors they moult when they reach Africa. So enjoy the wild scream of the Swift while you can.

Don Walter

Nature Corner

Members' Contributions

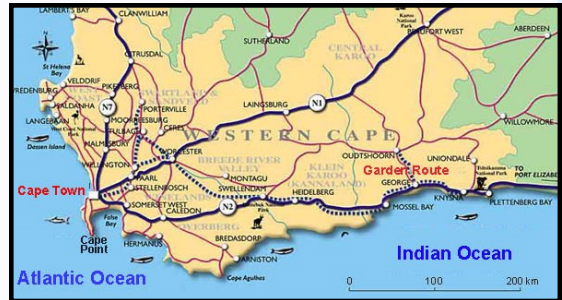
Blue sky thinking in mid-winter!

Where to go to mark a "milestone" birthday in early February? Above all, I was looking for guaranteed blue skies. It is the endless greyness, not the cold, of a British winter which is so depressing. I wanted places of interest and some walking; no jet lag and no additional nasty "jabs" or anti-malarial medication.

A friend, who shares my birthday, and I, settled upon Ramblers Walking Holidays "Exploring Cape Province" (tour code 46800) - 19 days walking and sightseeing in the Western Cape. We were not disappointed.

The flights were via BA, Heathrow to Cape Town direct, overnight in each direction, about 11 hours. We were met at Heathrow by our excellent tour- and walk-leader, Chris, a Brit who had lived and worked in the Cape Town area for 40 years.

Our tour and walks took in: Cape Town itself and the surrounding coastline; the National Botanic Gardens at Kirstenbosch; spectacular coastline the whole way east to Knysna (on the Garden Route) and beyond to Storms River in the Tsitsikamma National Park; some of the semi-desert interior (the Little Karoo) and the Swartberg Mountains, including ostrich farms; the winelands around Stellenbosch and Franschhoek.



As for our birthday (remember, it was early February!), our lunch was a picnic on a virtually deserted white sand beach, just north of Cape Point, looking out over a turquoise Atlantic, in a gentle breeze, in shirt-sleeves and sun hats. Bliss!

In over 19 days, we had only one wet, grey day. Otherwise, we enjoyed virtually wall to wall sunshine and a tolerable, dry heat.

I'm already planning and saving up for a return visit to South Africa, possibly on "Flowers of Cape Province", another Ramblers Walking Holiday, in August 2018. (I hate August, too, in the UK).

What is more, as I nominated Stoke Lodge Ramblers as my walking group when I booked this holiday, the club will benefit to the tune of £30 via Ramblers Holidays Walking Partnership.

Margaret Ruse



Walk of the Gods

Towards the end of October 2016, Dorothy and I went on an Exodus holiday to the Amalfi Coastal Region. We stayed at Bomerano high up on the southern side of the Sorrento Peninsula. Travelling from the Bay of Naples we had to go through a tunnel to reach Bomerano - often the weather was totally different either side of the tunnel.

There were only three of us in our group which made it excellent for the 'Walk of the Gods' - "Sentiero degli Dei" as we could easily go at our own pace along the 7 Km. We walked from our hotel to the coast and began by following the contours high up on the cliffs. The views were incredible as we could see so far on a wonderful sunny day.

In spite of its name, the Walk of the Gods is an extraordinary monument to the work and exertion of Man that, throughout the ages, has been able to colonize even the most impracticable places on the Amalfi Coast.

Today the path is still used by farmers, woodsmen and shepherds, as it touches old vineyards which cling to the mountain sides. The species of grape cultivated in the area is called "ped'e palomma" (the most ancient vine in [Campania](#)). We had to move out of the way of laden donkeys which were transporting small logs and firewood to Bomerano from the farms along the path. This happened several times - always on the narrowest part of the path. What an isolated place to live!

Near the pathway, we saw caves and terraces dropping from the cliffs to the sea and deep valleys. We came across biscuit caves where monks used to live in holes cut into these vertical cliffs. There were many abandoned homes which obviously housed several families at one time - some were still occupied but the farmers who lived there had a very hard life as there was no other way of reaching their home but this path. We crossed one of the most spectacular and wild gorges of the Amalfi Coast. We just enjoyed the fabulous views in all directions.



After descending steps to a water fountain the path split to Praiano way down by the sea and we could see the Monastery of San Domenico so clearly. We continued straight on towards Positano.

We eventually came to a wooded section before entering the small village of Nocelle where we stopped to have a lemon juice in the cafe perched high on the cliff. From the wooden balcony, we had more wonderful views towards Positano, and beyond to Capri. The cafe intrigued us as there were trusses of tiny tomatoes hanging in the eaves all over the cafe – one way of keeping them!



Dorothy and I decided to take the bus from Nocelle to Positano as we did not want to descend 1700 steps from Montepertuso to Positano. Our Guide Severio and Kate continued the walk to Positano and we passed them in the bus at Montepertuso.

It was a wonderful walk on a superb day and the 16 other Exodus guests at the hotel who were on a walking holiday thought it was the toughest walk they did!!

Gill Dunphy

What3words - how to share ANY location in the world

I'm sure I don't need to explain the principles of Grid References to my fellow walkers, but I'm equally sure that most of you don't often use one to communicate a location verbally. We might put one on the Walks Programme to help people find where the walk is starting from, but if you were giving one to someone over the phone you'd check they had pen and paper first, and the right map to work from.

However, there is another way ...

If I told you you could find my house at surely.idea.prompting, and my work at shut.brand.repair, you might think I'd lost my mind, but you'd probably be able to remember one or other of them, at least for a short time. You know that the Prime Minister lives at 10 Downing Street and the Chancellor of the Exchequer at 11, but could you also remember their postcodes? Maybe not, but how about slurs.this.shark (for the PM) and nation.lucky.bags (for the Chancellor)?

And this doesn't just work for the UK: prices.slippery.traps takes you to the Eiffel Tower, and tiny.loses.tree to the Sydney Opera House.

You won't be surprised to hear that computers, smartphones and apps are needed to identify and navigate to these 'addresses', and you might wonder what the point is, Apart from three words being easier to remember (for most of us) than a string of numbers.

Well, you may not have realised that about 75% of the world does NOT have a reliable addressing system - and sometimes it's really important to know fairly precisely where something or someone is: after a disaster, where temporary shelters and camps could be set up; where facilities are available in a refugee camp, and so on.

I really don't know whose bright idea this was, but a small British company has divided the entire world into three metre grids, and given each 'square' a unique three word address. They've used short and simple words in populated areas, and more complex words for more isolated places - weeknight.speechmaking.adjectival will take you to somewhere in the middle of the Pacific Ocean, for example.

They have also 'arranged' the words so that no similar addresses are close to each other: surely.ideas.prompting will take you to Oregon rather than Stoke Bishop; surely.ideas.prompt is somewhere in South Africa, and surely.idea.prompt is in Mexico, so you'd work out fairly quickly that you must have misheard or misremembered exactly what I said.

They've ruled out using words which sound the same but are spelled differently, and they've set this system up in multiple languages, not just English.

While I wouldn't recommend actually using one as your address in the UK, the Mongolian Post Office IS about to adopt this system.

Since I'm sure you're all dying to know where YOU live, go to <http://what3words.com/> and have a play with the map. Because our homes usually occupy more than three square meters, you probably have a choice! If you want to start navigating to three word addresses, you'll need to download an app to your smartphone - but you can just explore the world using different descriptions.

You may also realise that this could be useful to us walkers in case of emergency while out and about. Yes, we have the E-Trex with its 'get me home' facility, and combined with a map you'll be able to find your location accurately and pass it on to the emergency services. However the 'what3words' app might be useful for those times when you're NOT on an 'official' walk, or when speed is needed, or when - surely not! - you left home without your trusty map and compass ...

Sue Hazeldon



Recent walk - can you guess which one!

Walking Events

Sunday, 9th July, 2017 - Summer Outing Fladbury Gardens Festival
(near Pershore).

This fascinating two day event has a major flower festival, open gardens, local walks and craft events. Wendy and Gordon Wise who went last year felt it could be a great day out for SLR. We propose sharing lifts from Cross Elms Lane. Details to follow

14 or 28 September 2017 - possible Arnos Vale Cemetery visit!

We have the opportunity to walk around this extensive site on a guided tour and be told of the famous Bristolians who have influenced the development of our great City who are interred there. Cost £10 per head.

Book by sending cheque ('Stoke Lodge Ramblers') to: McGregors, at 3 Henbury Road, WoT, BS9 3HQ

Thursday 14th December 2017. Christmas meal and walks - at Cameley Lodge near Temple Cloud.

Details to follow

Weekends Away



13-16 October, 2017 - Manor Hotel, Crickhowell

32 people going - still some places available in the annex.

Wonderful walks are planned, over Table Mountain, Sugar Loaf, Llangattock Ridge and locally along the canal and river, with additional walks on Friday pm and Monday am.

Any last minute bookings to David McGregor.

28 September to 1st October, 2018 - Willersley Castle, Derbyshire

Details to follow



SLR Maps

SLR exists to ramble: rambles need leaders; leaders need maps. For many years our leaders had to provide their own maps but under Neville's chairmanship it was decided that the Club should provide maps as required. A Map-keeper was appointed (David Hayes) and given authority to purchase OS Explorer maps as & when needed by leaders. The system has worked well for four years.

The Club has a supply of local OS Explorer maps, 7 at the moment, and recommends that Leaders use these for their walks. (Let David know if you need others.)

They are obtainable from **David Hayes: tel. 0117 983 7256.**
Currently we have nos: 141, 153, 154, 155, 156, 168, 169.

Club Matters

Thank you, David

Club Events

1st April, 7.00pm - Spring Social - St Mary's Church Hall, Stoke Bishop

Peter Davey will give a fascinating talk on the **Clifton Rocks Railway** at 7.00pm followed by an American supper when members are invited to bring a savoury course and the committee will provide puddings. £3 entrance fee to cover hall fee and speaker costs.

Wine and soft drinks available.

'Walks' table available for you to sign to lead future walks

28th October, 2017 - Annual General Meeting

To consider our future programme and other matters, completing the evening with a convivial American supper.

Thursday, 14th December 2017. Christmas meal and walks - at Cameley Lodge near Temple Cloud.

Details to follow